

# Insight Meditation (Vipassana) Retreat

Led by Daryl Lynn Ross, University Chaplain

**"The Universe in Our Bodies"**

August 23-28, 2005 (Tues.-Sun.)

At beautiful Camp Kinkora, St. Adolphe D'Howard



- ✿ Silent Retreat
- ✿ Teachings on the Buddhist Path
- ✿ Meditation Instruction
- ✿ Contemplations on the interconnectedness of all life
- ✿ Yoga
- ✿ Trails, canoeing, swimming during unscheduled time

**All-inclusive price: Full-time students: \$150. Others: \$175.**

**Includes transportation by chartered bus**

**For information and registration:**

**Daryl.Ross@concordia.ca or 848-2424 ext. 3585 or 3593**

**Registrations forms are available at SGW: 2090 Mackay; Loyola: AD 130**

Multi-faith Chaplaincy is part of The Dean of Students Office/ Concordia University